

The Sourdough

S E N T I N E L

Dec. 9, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 49



Marines train in ice

– Pages 12-13

PHOTO BY AIRMAN 1ST CLASS GARRETT HOTHAN

Vietnam Vet encourages Arctic Warriors

By Senior Airmen Jared Marquis
3rd Wing Public Affairs

Vietnam veteran and motivational speaker Dave Roever visited Elmendorf Monday.

Often using humor to get his message across, Mr. Roever spoke to the nearly 300 Airmen and Soldiers about his life, military experience and injuries.

On June 26, 1969, Mr. Roever was out on patrol as a member of the elite Navy Brown Water Black Berets.

Mr. Roever said he had a bad feeling that day; he had taken his first combat injury a couple of days before, when a piece of shrapnel cut his cheek.

“I just had a feeling that the enemy was all around us,” he said. “I reached down for the smooth canister of the phosphorus grenade to clear the brush away.”

Pulling the pin and reaching back to throw, Mr. Roever said he was only a second from releasing the grenade when an explosion knocked him off his feet.

“I thought we had been hit by a B40 rocket,” he said. “It wasn’t until a couple of months later, I found out what happened.”

Moments from releasing the grenade, a sniper’s bullet went through the back of Mr. Roever’s hand, causing the grenade to explode.

After falling into the water, Mr. Roever’s skin continued to burn. When the medical evacuation team loaded him onto a stretcher, his skin burned through the stretcher, causing him to fall on his head. His injuries were so severe, that the helicopter crew evacuating him thought he was dead.

“The medic was filling out the death papers. I could tell he thought I was dead,” Mr. Roever said. “I mustered up all the strength I had and yelled, ‘medic.’ The medic nearly jumped out of the helicopter, and the pilots nearly crashed.”

He said he thought, “great, this



PHOTO BY STAFF SGT. ALAN PORT

Dave Roever shakes hands with Airmen and Soldiers from Elmendorf and Ft. Richardson after his speech at the base theater on Monday. Mr. Roever’s visit was sponsored by Pacific Air Forces.

helicopter is going to crash, and I will be the only survivor.”

But the helicopter made it safely to the hospital and, with more than 40 percent of his skin burned off, Mr. Roever would spend the next 14 months in various hospitals healing.

It was in the hospital, Mr. Roever admitted that his injuries got the best of him.

“I have never been a quitter,” he said. “But, I quit that day. I have never given up,” he said. “But, I gave up that day.”

Then something happened that renewed his zest for life. One of his fellow injured servicemembers’ wife arrived to see her husband.

“She walked in and took one look at him, then said, ‘You’re embarrassing, I couldn’t walk down the street with you,’” he said. Then, she took off her wedding ring, set it on his bed, and walked out.

After seeing this, Mr. Roever knew no one could love him, especially not his 19-year old bride. When she walked in, he prepared himself for the worst.

“When the doctor brought her in, she shook her head ‘no.’ The doctor walked over and checked

my papers and nodded. She walked over and looked at me, I watched her hand and waited for her ring to come off,” he said.

Then, according to Mr. Roever, something amazing happened.

“She bent down and kissed my burned forehead and said, ‘Welcome home, Davey.’”

With the support of his wife, Mr. Roever knew everything was going to be all right and began the long road to recovery.

But, Mr. Roever’s suffering only made him love his country that much more. He told a story about the first time he met former prisoner of war, then colonel, now retired Brig. Gen. Robinson Risner.

Mr. Roever said he was at an event in which they introduced General Risner as a guest speaker.

“I saw him walking out, and I told my wife, ‘that man is in pain.’ My wife said, ‘How can you tell?’ I said, ‘Because, he walks like I do,’” Mr. Roever said.

When the general was finished speaking, Mr. Roever told his wife he was going to meet him. She told him there was no way he was going to get through all those people to get on the stage.

See ROEVER, Page 3



Captain Kelley Jeter, 3rd Wing Public Affairs, displayed exceptional professionalism while responding to a citizen’s concern after hearing two sonic booms near Talkeetna, Alaska. She quickly coordinated with operations, determining that Elmendorf F-15s probably produced the booms while operating in our assigned Military Operating Areas. Within 24 hours, Captain Jeter contacted the caller twice, explained the situation to their satisfaction, showing the Air Force to be a good neighbor while earning their thanks and respect.

Senior Airman Christopher Myers, 3rd Operations Group, was instrumental in providing outstanding support to the 3rd OG during a heavily tasked period. With only five of 14 assigned personnel available for a month, he nearly single-handedly maintained the standard and evaluations office. This included issuing time critical flight crew information files, updating the 3rd OG current operations Web page, and administering more than 100 aircrew requisite examinations.

Sheila Braeutigam, Donna Shock, Melanie Ransom, Nancy Feather, Christine Vogel and Dee Menzel, planned, organized and coordinated all efforts in hosting the first-ever Joint Military Spouse Appreciation Day with the Armed Services YMCA and Army Community Services. More than 500 military spouses and children attended this event in which spouses were introduced to flower arranging, pastry demonstrations, massages and much more while volunteer Soldiers and Airmen entertained the children with craft projects and face painting.

Tech. Sgt. Brian Zilles, 3rd Wing, spent several hours assisting command post preparation for their information assurance inspection when their primary and alternate points of contact were unavailable. He ensured all of their computers were properly patched and reviewed their continuity book to eliminate problem areas. His efforts were instrumental in the command post receiving a “no-findings” Security Assistance Visit from 3rd Communications Squadron Information Assurance.



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done?

The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

Key phone numbers:

Col. Mike Hass, 3rd CES/CC
552-3007

Lt. Col. Mark Allen, 3rd SVS/CC
552-2468

Lt. Col. Brett Meyer, 3rd SFS/CC
552-4304



The Sourdough
SENTINEL

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1998, 1999, 2000 & 2001

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3rd Wing Moment in History

Dec. 7, 1941:

Following the Japanese attack on Pearl Harbor, the Army Air Forces reassigned the senior leadership of the 3rd Bombardment Group to training duties and by mid-January 1942, Lieutenant Robert Strickland found himself the senior officer. The 3rd BG flew anti-submarine patrols off the eastern seaboard from their base at Hunter Field, Ga.



Airman credits brother-in-law for decision to join

By Senior Airman Jared Marquis
3rd Wing Public Affairs

Everyone has a hero or a person they look up to or someone they credit for being the person they are today.

For me, that person isn't a teacher, supervisor or parent. While I have had my share of influential people in my life, that credit goes to Senior Airman Jason Cunningham.

Before March 4, 2002, I had never really thought about joining the military.

Like most people, I went to see the recruiters when I graduated from high school and listened to what they had to say, but never really considered the military as a career path I was interested in.

I wanted to do something important and special with my life, I just didn't know what.

For five years, I worked hard at what I thought I wanted to be, reaching most of my goals and being relatively successful in my endeavors.

But on March 4, 2002, that all changed.

That morning, my wife and I received a phone call at 5:30 a.m. Now, a phone call that early is bad news 99 percent of the time. And this time was no different.

My mother-in-law called to tell us that her son, my wife's brother,

an Air Force pararescueman, had been killed in Afghanistan.

Most of the two weeks after that were a blur. No one can possibly understand the pain and suffering a situation like that brings, unless you are faced with it.

I felt completely helpless, doing everything I could for the people I love, but always feeling like I came up short.

Before then, I had never directly faced war. As a civilian living in a town without any kind of military influence, other than the local recruiters, I felt a million miles away.

Prior to that moment, I had never considered the effect war could have on my life.

Military service is a responsibility, Jason showed me that by his dedication, service and commitment. Not one time, did anyone who knew Jason think that he wouldn't succeed at whatever he did.

One of the most powerful moments I have ever experienced, was Jason's funeral at Arlington National Cemetery. I remember seeing a three-star general salute

his casket as it made its way to his final resting place.

I am here to tell you, even as a civilian, I understood how powerful an image that was. I could see in his face how much respect he had for the fallen senior airman.

Following the funeral, I had a lot of time to think, and came to a conclusion. I knew I wanted to serve my country the way he did, the way that all our fallen service-members have. When Jason died, he left behind a wife and two daughters, and I didn't feel it was right for me to stay home with my wife and kids, enjoying the freedom he fought for. I couldn't consciously stay home

when people like him were unselfishly risking everything. I felt it was my responsibility to stand up and fight.

For that reason, I have a tremendous amount of respect for anyone wearing the uniform of the U.S. military.

It doesn't matter what job they chose or why they joined, because the bottom line is they accepted the responsibility; they stepped up

to defend our country.

Too often, I think we forget why we are here and why we chose this path in our lives. I have a daily reminder of why I am here. Not a day goes by that I don't think of Jason and what he left behind.

In my tech school class, my instructor would write a question on the board every day.

Most of the time it was something like, "What is your favorite movie?"

Usually, I would think for a minute, never really picking out an answer that mattered to me; instead, writing one on the board just to have one.

But one day he wrote "If you could talk to anyone, living or dead, who would it be?" Most of my classmates wrote someone famous.

As soon as I saw that question, I knew what my answer was. Like most of the people affected by Jason's death, I would give anything for one more conversation with him.

I would share with him what his life, and death, have meant to me.

In my heart, I know that it doesn't really matter where my Air Force career takes me, one person deserves the credit.

That person is Senior Airman Jason Cunningham.



CITATION TO ACCOMPANY THE AWARD OF THE AIR FORCE CROSS (POSTHUMOUS) TO JASON D. CUNNINGHAM



The President of the United States of America, authorized by Title 10, Section 8742, U.S.C., awards the Air Force Cross to Senior Airman Jason D. Cunningham for extraordinary heroism in military operations against an opposing armed force while serving as a pararescueman near the village of Marzak in the Paktia Province of Afghanistan on 4 March 2002. On that proud day, Airman Cunningham was the primary Air Force Combat Search and Rescue medic assigned to a Quick Reaction Force tasked to recover two American servicemen evading capture in austere terrain occupied by massed Al Qaida and Taliban forces. Shortly before landing, his MH-47E helicopter received accurate rocket-propelled grenade and small arms fire, severely disabling the aircraft and causing it to crash land. The assault force formed a hasty defense and immediately suffered three fatalities and five critical casualties. Despite effective enemy fire, and at great risk to his own life, Airman Cunningham remained in the burning fuselage of the aircraft in order to treat the wounded. As he moved his patients to a more secure location, mortar rounds began to impact within fifty feet of his position. Disregarding this extreme danger, he continued the movement and exposed himself to enemy fire on seven separate occasions. When the second casualty collection point was also compromised, in a display of uncommon valor and gallantry, Airman Cunningham braved an intense small arms and rocket-propelled grenade attack while repositioning the critically wounded to a third collection point. Even after he was mortally wounded and quickly deteriorating, he continued to direct patient movement and transferred care to another medic. In the end, his distinct efforts led to the successful delivery of ten gravely wounded Americans to life-saving medical treatment. Through his extraordinary heroism, superb airmanship, aggressiveness in the face of the enemy, and in the dedication of his service to his country, Senior Airman Cunningham reflected the highest credit upon himself and the United States Air Force.

ROEVER, continued from Page 2

He said, "A man with a burnt face, one ear, one eye and no hair will get up there."

When he made it to the stage, Mr. Roever said everyone on stage took a step back, except one man.

"Colonel Risner took a step forward and said, 'Vietnam,' I said, 'Yeah,'" said Mr. Roever. "He said, 'I'm sorry.'"

Mr. Roever said he didn't want to offend General Risner, but told him "Colonel, I didn't come for your pity, I came to say 'thank you.'"

It was then that General Risner said something Mr. Roever will never forget, something he said was burned into his soul.

"He said, 'Young man, when you've suffered

for America, don't you love her so much more,'" Mr. Roever said.

It was at this point in Mr. Roever's speech, he began addressing current events, telling the room full of servicemembers he was proud of their service and thanked them for keeping him and his family safe, adding he only wished he could fight the war with them.

"I thought we had been hit by a B40 rocket. It wasn't until a couple of months later, I found out what happened."

— Dave Roever
Vietnam Veteran

"I was in a hotel room when I saw the planes crashing into the buildings on September 11 (2001). I was beside myself, I turned around and told my wife, 'I need an M-16.' She said, 'You need to sit down before you have a heart attack.'"

After Sept. 11, Mr. Roever said he got a lot of calls from commanders asking him to speak to their troops and encourage them in the War on Terror. He only had one question, "Do you have an M-16?"

Mr. Roever went on to talk about why, at 59, he travels around the world, rarely taking a break. He said that when he was in the hospital there were 12 other guys in the room with him. He was the only survivor. "I do this, because there are 12 guys I promised I would live their lives for them as best I could."

Airman gets 17 years confinement

By Staff Sgt. Francesca Popp
3rd Wing Public Affairs

A general court-martial convened Nov. 14 to hear the charges brought against Tech. Sgt. Larry Pauly, 3rd Maintenance Operations Squadron.

Sergeant Pauly was charged with violating Article 120, rape of a child under 16 years old; two counts of Article 125, sodomy with a child under 12 years old; Article 128, striking a child under 16 years old; and two counts of Article 134, indecent acts with a child under 16 years old; under the Uniform Code of Military Justice.

“This was a very important case, not only because the victim was so young and the charged behavior was so deplorable, but also because it involved five expert witnesses and multiple motions,” said Capt. Charles Hebner, 3rd Wing chief of military justice. “There were a lot of moving parts and issues that we don’t see very often. This might be the most significant case we have taken to court at Elmendorf in recent years.”

Sergeant Pauly elected to be tried by a judge alone. He was found guilty of violating Articles 120, 125 and 128 of the UCMJ. He was found not guilty of violating Article 134.

In a hearing Nov. 19, Sergeant Pauly was sentenced to 17 years confinement, a dishonorable discharge and reduction to airman basic.

42 senior airman graduate ALS

The following senior airmen graduated from the Airman Leadership School Class 06-1 Wednesday:	3rd Aircraft Maintenance Squadron Bishop Bailey William Bovee Rodney Doll Mindy Hancock Kyle Kutcher Brad Loging Kenneth Mize Shawna Stubbs Anthony Sweet	Paul Rodriguez Dustin Whitworth
	3rd Communications Squadron Vincent Callahan Monica Ramirez	3rd Logistics Readiness Squadron Daniel Hose Glenn Kibe
	3rd Component Maintenance Squadron Jeffrey Delaney Cameron Hazen	3rd Mission Support Squadron Darrell Mogg
	3rd Contracting Squadron Jerad Snyder	3rd Security Forces Squadron Shawn Weissman
<i>John L. Levitow Award</i> George Turner 381st Intelligence Squadron	3rd Equipment Maintenance Squadron Nathan Allison Cody Boyce Jess Eggemeyer Derrick Greco Daren Hill Drake Ladner Michael Rinko	12th Fighter Squadron Devin Russell
<i>Leadership Award</i> Tina Simpson 3rd Aerospace Medicine Squadron	3rd Communications Squadron Nathan Allison Cody Boyce Jess Eggemeyer Derrick Greco Daren Hill Drake Ladner Michael Rinko	19th Fighter Squadron Steven Spradley
<i>Academic Achievment Award</i> Adam Fiebrink 381st IS	703rd Aircraft Maintenance Squadron Jason Gowen Stephanie Hardy Matthew Jolly Jamell Reese Erik Ruppert	732nd Air Mobility Squadron Antonio Delvecchio Daphne Rippy Garrett Weddle
<i>Distinguished Graduate Award</i> Adam Fiebrink 381st IS		
Tina Simpson 3rd AMDS		
Michael Fredieu 3rd Communications Squadron		
<i>Graduates</i> 3rd Dental Squadron Kendra Brock		

View the *Sourdough Sentinel* online at www.elmendorf.af.mil/3Wing/Units/PA/Webdocs/Sourdough.htm.

57 technical sergeants graduate NCO Academy

The following technical sergeants graduated from the NCO Academy Class 06-1 Wednesday:

<i>John L. Levitow Award</i> Keith Lamar 381st Intelligence Squadron	3rd AMXS Timothy Castro Guy Deese Charles Farnsley Brent Gardner Bruce Kmiec David Lindsey Eric Lucas	3rd Security Forces Squadron David Brayman	Donald McKee Shannon Williams
<i>Academic Achievement Award</i> Kenneth Roy 3rd Aircraft Maintenance Squadron	3rd Communications Squadron Keith Brown Scott Lavassaur	3rd Wing Legal Office Nancy Birchard	354th Civil Engineer Squadron Dennis Seif Walter Wright
<i>Commandants Award</i> Richard Valone 3rd Aerospace Medicine Squadron	3rd CMS Steven Lolley	381st IS Joseph Clark Phillip Davidson Jeanne Hawthorne	354th Comptroller Squadron Rashelle Taylor
<i>Distinguished Graduate Awards</i> Thomas Garrett 3rd Operations Support Squadron	3rd Comptroller Squadron Brian Gordon	11th Operational Weather Squadron Anthony Walswick	354th Contracting Squadron Brenda Kvitem
Todd Langford 3rd Component Maintenance Squadron	3rd Equipment Maintenance Squadron Robert Bentler Brian Inniss Brian Thompson	611th Air Support Squadron Joel Johnson Daniel Robinson	354th Fighter Wing Timothy Whisel
Marcus Payne 3rd Operations Group	3rd Maintenance Group Mark VanBuren	611th Civil Engineer Squadron John Freischmidt	354th Logistics Readiness Squadron Bret Derr Joseph Franklin Daniel Klitzke
Kenneth Roy 3rd AMXS	3rd Mission Support Group Daniel Hall	703rd Aircraft Maintenance Squadron Richard Ledbetter Michelle Oates Roberto Zapata	354th Maintenance Squadron Joseph Kazense
Richard Valone 3rd AMDS	3rd Operations Support Squadron Mark Eaker	732nd Air Mobility Squadron Ronald Brown	354th Medical Operations Squadron Arthur Aultman
<i>Graduates</i> 3rd Civil Engineer Squadron Stephen Bishop	3rd Maintenance Operations Squadron Raymond Devin Fredrick Salas	Detachment 460 Air Force Technical Application Center Todd Williams	354th Security Forces Squadron Phillip Wazny
		354th Aircraft Maintenance Squadron Robert Black Wendell Davis	354th Services Squadron Thomas Wade
			168th Air Refueling Squadron Tanna Carter



Bargain Shop

The Bargain Shop is closed Dec. 19-30 and Jan. 2. Consignments won’t be accepted this month.
For details, call 753-6134.

Renter’s Insurance

All Aurora Phase II residents are eligible for free renter’s insurance and may also receive \$8 credit per month if personal insurance is already in place.
For details, call 753-1023.

Flu shots

At this time, the 3rd Medical Group does not have enough vaccination for all beneficiaries as they are still waiting for a final shipment of vaccination. The final influenza shipment is expected later this month. Therefore, in addition to active-duty members, the 3rd MDG is currently only vaccinating beneficiaries who are considered “high risk.” High risk beneficiaries are:
– residents of long-term care facilities
– people 2 to 64 years old with one or more conditions such as: heart disease; kidney disease; lung disease like asthma; metabolic disease like diabetes; blood disorders like anemia; a weakened immune system caused, for example, by cancer, cancer treatment, HIV/AIDS or steroid therapy; or conditions such as neuromuscular disorders

– people 65 years old or older
– children 6 to 23 months
– pregnant women
– health-care members who provide direct patient care
– household contacts and out-of-home caregivers of children under six months old
For information, call immunizations at 580-2000.

Christmas tree permits

The Wildlife Museum started selling Christmas tree cutting permits Tuesday for \$5.
For information, contact Bob Morris at 552-2436.

Icicles in housing

If you are experiencing hazardous icicles over entry or garage openings, call Aurora Military Family Housing at 753-1023 and they will send someone out to remove them.

Toys for Tots

The 3rd Wing Toys for Tots program is taking donations until Monday. Boxes have been placed around the base in various units. The program is requesting unwrapped gifts for children under 16 years old.

Shuttle bus hours

The Elmendorf Shuttle will only stop running when road

conditions are black.
The red road condition hours are 6 a.m. to 9 a.m. and 4 p.m. to 6 p.m.
For information, contact Vehicle Dispatch at 552-4475.

SNCO correspondence course change

Senior NCOs enrolled in Course 12 can now retest three days after a failed exam score has been posted. The previous requirement was 30 days.
For information, call Joseph O’Neil at 552-3164.

Last Sourdough Sentinel

The last issue of the Sourdough Sentinel of the year will be published Dec. 16. The first issue of 2006 will be Jan. 6.
Anyone wishing to publish information in that issue, must e-mail it to *sourdough.sentinel@elmendorf.af.mil* no later than Dec. 9.

Bank hours

Beginning Jan. 2, Alaska USA Federal Credit Union’s hours will be 10 a.m.-6 p.m. Monday through Saturday for the lobby and 9 a.m.-6 p.m. Monday through Saturday for the drive through.
For inforamtion, call 563-4567.

Housing survey

Aurora Military Family Housing is conducting a survey to determine what tenants feel are the most important quality of life improvements. Contact Kenneth Michael at *kenneth.michael@elmendorf.af.mil* or at 552-1189.

Be sure to identify the area of housing you live in.

Gift wrapping

The Arctic Oasis Community Center is offering professional gift wrapping. Costs are between \$3 and \$5 and includes bows, ribbons and gift tags.

For information, call 552-8529.

Ribbon cutting

The ribbon cutting ceremony for the new Aurora Military Family Housing Management Facility is Tuesday at 10:30 a.m. The new address is Bldg. 6350 Arctic Warrior Drive and is next to the 3rd Civil Engineer Squadron Housing Flight building.

For information, call 753-1023.

Snow sledding

There are three areas in which base children may play and sled free from the dangers of traffic and snow removal equipment. They are located off Metzger and 15th Street, by the baseball field off Luke Ave. and behind Burger King by the Midnight Sun Park.

Energy savings

The U-Fix-It store can help Aurora Military Family Housing tenants cut down on energy bills by providing weather stripping, hose bib covers, fluorescent bulbs and practical ideas on how to help cut down on heating and electric bills.

They also take service calls to install door sweeps or to check for other air leaks and take the necessary action to conserve energy.

To contact the U-Fix-It store, call 753-9070, for service-related issues, call 753-1091.

Home buying seminar

The Elmendorf Housing Office offers a home purchasing seminar Jan. 9 at 1 p.m. at 6346 Arctic Warrior Drive. The class lasts two to three hours. Seating is limited.

For details or to make a reservation, call 552-4439 or 552-4328.

Freezing pipes

Aurora Military Family Housing has received a number of calls concerning frozen pipes in base housing. Keeping garage doors closed unless moving vehicles will help. Also, hose bib covers are available for tenants to install on their units.

For information, contact AMFH at 753-1023.

Fitness lockers

All Fitness Center lockers must be cleared out by Thursday. Items

left behind will be disposed of. For information, call 552-3504.

Honor Guard training

The Elmendorf Honor Guard will conduct training Monday-Dec. 16. Anyone interested in joining the Honor Guard can contact Staff Sgt. Rayald Ally at 552-2252.

Career resource library

The Family Support Center has books available for those interested in making a career change. Books include information on applying for federal positions and writing cover letters and resumes.

For information, contact the FSC at 552-4943.

Resume writing

The Family Support Center is offering a Resume Writing Workshop Wednesday from 10-11 a.m. at the FSC. The workshop is offered the second Wednesday of every month.

Call 552-4943 to sign up.

De-icer in housing

Residents of Moose Crossing are asked not to put Ice Melt or any other chemical de-icer on their sidewalks and pavement. New pavement areas need a full year to cure before a chemical de-icer is used. U-Fix-It will provide sand for their use.

For information, call 552-1023.



Chapel Schedule

Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 4:30 p.m. Sundays at Chapel 2

Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



PHOTO BY MASTER SGT. LISA POLAREK

Senior Airman Cody Loyd

Elmendorf Unit: 703rd Aircraft Maintenance Squadron
Deployed Unit: 376th Expeditionary AMXS C-130H crew chief
First thing to do after arriving home: “Hug my wife and daughter, and get ready for the arrival of my second daughter in March.”
Outstanding Attributions: “Senior Airman Loyd continually demonstrates maintenance knowledge beyond his years. This, combined with his tireless commitment and willingness to rise to any challenge have enabled the C-130 AMU to support 12 aircraft in two geographically separated units with no loss of mission effectiveness. Shortly after he arrived in Manas, (Kyrgyz Republic) the C-130 AMU was tasked to support increased operations at Bagram Air Base, Afghanistan, as well as here at Manas. The vacuum created by the deployment of several EAMXS staff sergeants was quickly filled by Senior Airman Loyd’s ‘can-do’ attitude.” Tech. Sgt. Marcus Maschhoff



PHOTO BY STAFF SGT. DAVID DONOVAN

Staff Sgt. Michael Yaniec

Organization and duty title: 19th Aircraft Maintenance Unit Dedicated Crew Chief
Hometown: Medina, Ohio
Hobbies: Hunting, fishing, 4-wheeling
Mission contributions: Lead Craftsman on mid-shift
Time at Elmendorf: Three and a half years
Time in the Air Force: Eight years
Best part about being in Alaska: The outdoors
Quote from supervisor: “Sergeant Yaniec changed the utility hydraulic reservoir on a F-15C in five hours, rather than the regular 12 hours, ensuring the jet could make its next scheduled sortie. He is definitely one of our top 7-levels.” Master Sgt. Jimmie Brown

Fire services stresses holiday safety

By Matthew Mackay
3rd Civil Engineer Squadron Fire Inspector

The holidays are a special time for celebration and people need to exercise greater care because of the extra hazards that are present, hazards that include higher-risk of fires in the home.

The Elmendorf Fire and Emergency Services staff wants everyone, particularly parents and guardians, to be aware of the simple provisions they can take to help ensure safety throughout the holidays.

Very common in homes throughout December are live Christmas trees. While a beautiful addition to a home, they can be a fire hazard, requiring precautions for safety. Some of those precautions include:

Buy a Freshly cut tree and keep the stand full of water at all times.

Keep the tree away from heat sources and be sure it doesn't block a doorway.

Never place lighted candles on or near a tree.

Check all lights before placing them on the tree, being careful to discard any frayed or damaged lights and cords.

Ensure any lights used have the approval of a testing lab such as the Underwriter's Laboratories.

Remove the tree once large amounts of needles fall off.

Another traditional and beautiful part of the holiday season are candles.

Unfortunately, they can also be a source of a home fire and require caution when they are used. Candles should be placed in non-tip holders and be placed well away from trees, plants and other decorations. Also, never leave lit candles unattended or within reach of children. Watch out for strings from holiday cards that could catch fire and keep them away from candles.

The kitchen is a location where safety should be practiced at all times, but with renewed interest during the holiday season when home cooking is emphasized even more. Chefs should never leave cooking food unattended and all handles should be turned to the back of the stove so they won't be pulled or knocked off easily.

If a fire does break out on the stove, put a lid on the pot/pan and turn the heat source off. Do not pour water on it, that could just spread the fire to a broader area. If a fire breaks out in the oven, keep the door closed and turn off the heat. Opening the door would simply let more fresh air in and help the fire grow.

Stoves and ovens should be cleaned at this time of the year. The extra load on these appliances can cause fires due to their high use and the build up of grease and other flammable deposits that accumulate during holiday cooking.

To make your holiday a bit safer,

the following will help:

Never burn wrapping paper in a fireplace.

Fit a spark guard to all open fires to prevent burning coals and sparks from falling on rugs.

Extinguish cigarettes properly and do not let ashtrays get over-filled.

Review fire escape plans and ensure everyone in the home knows at least two ways out of every room in the home.

These safety devices need to be in good working order to include charged batteries. Since most fatal fires take place at night while people are asleep, a smoke detector or alarm increases the chances of surviving any fire, almost doubling them. If the batteries have not been changed recently, take a few minutes to put a fresh set of batteries in the device. Also, no matter how tempting it may be, never remove the batteries from the smoke detector to use in a child's toy or a remote control.

With the hustle and bustle of the holiday season, it's easy to let fire prevention and safety fade to the background. This year, be proactive and spread not only holiday cheer, but also the message of fire prevention.

For information on fire prevention, visit www.nfpa.org or www.usfa.fema.gov, or call the fire prevention office at 552-2620.



Sourdough Spotlights

Congratulations to the following award winners

Capt. Theresa Clark
*Alaska March of Dimes
Maternal/Newborn
Nurse of the Year*

Senior Airman Robert Vallandingham
*Pacific Air Forces
Outstanding Security Forces
Airman of the Year*

Master Sgt. David John
*Pacific Air Forces
Outstanding Security Forces
Senior NCO of the Year*



Arctic Life

Great living in the great land

Arctic Warriors keep deployed Airmen paid



PHOTOS BY TECH SGT. MARK GETSY

Clockwise from right: Lt. Col. Doug Galloway, 386th Air Expeditionary Wing Finance Office, processes Form 9s for local purchases. Tech. Sgt. Scott Armstrong, 386th AEW, processes wing budget paperwork. Senior Airman Raymond Bertran, 386th AEW, helps a customer at the Finance Office customer service desk. All are deployed from the Elmendorf.



Marines conduct ice training; prepare for toy deliveries



**By Airman 1st Class
Garrett Hothan**
3rd Communications Squadron

“I’m going to cash in on my husbands’ (Servicemembers Group Life Insurance),” said Vicki Patzold, as she watched her husband, Marine Staff Sgt. John Patzold, jump into the water. “This is crazy.”

Marines from Elmendorf’s 4th Reconnaissance Battalion, Echo Company trained in the frigid waters of Ft. Richardson’s Lake Otter Nov. 29.

“Ice Breach Training happens every year. It’s only about a minute that you’re in the water. You jump in with your pack, remove the strap from your shoulder, throw it out and then swim to the side you entered,” said Marine Staff Sgt. Tommy Jones. “When you’re in a real life situation like this, generally your only exit out is the way you went in.”

Marine Gunnery Sgt. Cecil Osborn, the team’s jump master, looked on as each person surfaced from the icy water after the plunge. They had to give their name and social security number before Sergeant Osborn gave them the OK to clamber out.

To pull their bodies out of the lake, each jumper took the ice awls from around their neck and jammed the picks into the 14 inches of ice.

“It was so cold in that water, I could barely get my eyes open,” Marine Staff Sgt. Mark Garcia said.

After regaining sure footing and letting Sergeant Osborn know they were good to go, the men quickly hustled to the warmth of three waiting vehicles. There, they changed clothes and warmed themselves with a hot drink before heading back to cheer on their comrades.

The life-saving training, which is also a yearly requirement for arctic survival, helped prepare two teams of Marines to deliver toys to remote Alaskan villages for the Toys for Tots program. They left Monday and traveled up and down the Kuskokwim and Yukon Rivers delivering toys to McGrath and Galena via snow machines pulling sleds.

“Most of us participate (in the training), even if we are not part of the Toys for Tots expedition,” said Marine Lance Cpl. Sam Veasna. “We are a team.”



PHOTOS BY AIRMAN 1ST CLASS GARRETT HOTHAN

Clockwise from top left: Marine Corporal Jake Leask, 4th Recon Battalion, Echo Company ensures that his dive buddy Marine Staff Sgt. Christopher Koops makes it out of the icy waters of Otter Lake at Ft. Richardson, after a simulated ice breach. Marines participating in the Toys for Tots delivery expedition will use this experience to keep themselves safe during their week long mission. The only means to access remote Alaskan villages to deliver Toys for Tots is by crossing frozen bodies of water by snow machine. Marine Staff Sgt. John Patzold, bares the frigid water during an exercise to teach Marines proper procedures during a possible ice break. Training of this kind is conducted yearly and prepares Marines for remote Alaskan travel. Members of the 4th Recon Battalion, Echo Company discuss how they will conduct the ice training. Marine Lance Corporal Sam Veasna throws his pack out of the icy waters of Otter Lake. Marine Corporal Franz Deaters, jumps into the water as part of the training. Cover: Marine 1st Sgt. Rodolfo Sarino uses his ice awls to pull free of the water.



Around the World in 80 days!

By Capt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- 1. Epoch
- 4. Former ruler of 65 Across
- 8. Keyboard key
- 11. Top
- 12. Crime family chief
- 13. Greek letters
- 15. Officer duty category
- 16. 2000 film "____ Brockovich"
- 17. Lease
- 18. Country home to NAS Keflavik
- 20. Driving crime, in short
- 22. Craftsmanship
- 24. Pig's place
- 25. Country host to Al Dhafra AB
- 26. Dolphin great Marino
- 27. Country host to NAS Souda Bay
- 31. USAF inspection
- 32. Inclined to do
- 33. Placed car at rest
- 34. Mistakes
- 37. Luster
- 38. Commercials

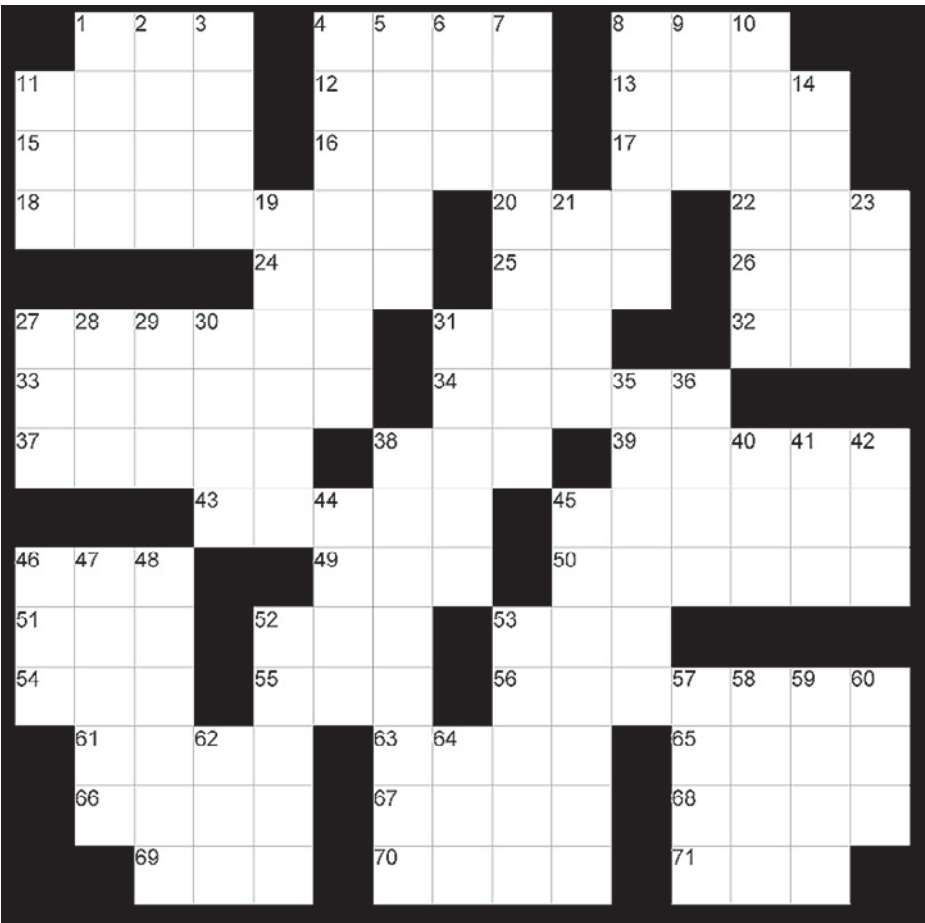


Last week's solution

- 39. Android
- 43. Rubberneck
- 45. USAF forward operating location in AK
- 46. Time zone for Pope AFB, NC
- 49. Chicago broadcast station
- 50. Ingratiate
- 51. Overseas mil. address
- 52. Person of Southeast Asia
- 53. Circle part
- 54. Ewe's partner
- 55. Writer Rand
- 56. Corrected
- 61. Image
- 63. Radiance
- 65. Middle East country
- 66. Drug investigator, in short
- 67. Once ____ a time...
- 68. Italian city home to Leaning Tower
- 69. Golf prop
- 70. Diminutive
- 71. Agent provocateur

DOWN

- 1. Saga
- 2. Actress Russo
- 3. Figure skating jump; for Norwegian figure skater
- 4. Perfumed
- 5. Robust
- 6. People recognized in May, in brief
- 7. Country host to Soto Cano AB
- 8. Unnerving
- 9. Female saint, in short
- 10. Country host to North Bay Air Force site
- 11. Actress Landry
- 14. Leather strip
- 19. Climb
- 21. Orphan



- 23. Explosive combo
- 27. Item to navigate the globe, in short
- 28. Stadium cheer
- 29. Before, poetically
- 30. ____ out a living; gets by
- 31. USAF logistics center at Hill AFB, UT
- 35. Country home to Istres AB
- 36. Sign on a house
- 38. Jason's crew member
- 40. Wasp
- 41. "Cat ____ Hot Tin Roof"
- 42. Road material
- 44. In the distance
- 45. Country host to Ramstein AB
- 46. Hearing aid
- 47. Country home to Moron AB
- 48. F-14 plane
- 52. Javelin
- 53. Hall of Famer Hank
- 57. Snorts
- 58. Trickle
- 59. Simple
- 60. Crime scene evidence
- 62. State home to 939th RQW; a/c tail marking PD
- 64. News service org.

SPORTS PAGE

By Staff Sgt. Julie Weckerlein
Air Force Print News

Kaitlyn Mayor prefers to hula-hoop while her brother, Tyler, skateboards to gain fitness points for a new Air Force Services Web-based program that promotes healthy lifestyles for children.

The Florida siblings are among more than 5,300 Air Force youngsters between the ages of 9 and 18 to sign up for FitFactor. This is a fitness and health initiative that rewards youth for their efforts to stay healthy.

“It’s important that we support this opportunity to help our youth discover the benefits of a healthy lifestyle – and to do our part in helping young people combat obesity,” said Air Force Chief of Staff Gen. T. Michael Moseley and Chief Master Sergeant of the Air Force Gerald Murray in a joint statement on FitFactor.

It’s a program with a distinct focus, said Arthur Myers, director of Air Force Services.

“We’re dealing with a generation that’s consumed by television and the Internet,” he said. “When I was growing up, you couldn’t keep me from going outside. But that’s not the

case with youth these days.”

Mr. Myers said national statistics are showing Americans, in general, are not eating correctly or living active lifestyles.

“And we interpret that to include Air Force families,” he said.

U.S. Department of Agriculture statistics show that 1 in 5 American children are overweight or obese. While no statistics exist showing a specific increase in childhood obesity among Air Force families, the people at Air Force Services decided to buck the national trend and focus on a program designed to inspire both children and adults alike.

Based on a similar program started in Pacific Air Forces in 2003, FitFactor is already proving its worth, especially for the Mayor family.

Though childhood obesity wasn’t a problem for Tyler, the 13-year-old felt the need to get back in shape when his father, Master Sgt. Robert Mayor, was with the 325th Mission Support Group at Tyndall AFB, Fla.

“I was a couch potato for a year in Nebraska,” Tyler said. “I wanted to do more than what I was doing before.”

He learned about the FitFactor program at the Hurlburt Field, Fla.,

youth center his sister attends. The siblings signed up and have been racking up points ever since.

Each day, they log in the FitFactor site and document the healthy choices they made. The number of points earned depends on the activity. Drinking eight ounces of water earns five points, while yard work nets 25. A game of baseball brings 75.

Prizes for participation range from pins to silicon bracelets to T-shirts and jump ropes.

Their mother, Lisa Mayor – who works at the Air Force Research Lab at Eglin AFB, Fla. – said the effects of the program are showing up in their household in more ways than one, starting with dinner and fried foods.

“I use to get away with certain meals that I cooked, and I don’t anymore,” she said. “As a working mother, there are some times when it’s easier (to cook meals) but the younger ones are more conscience of what they are eating. They aren’t drinking soda as much, and they are trying more things, including veggies.”

She said Kaitlyn, who is 10, is benefiting from FitFactor socially as well.

“She was very into drama and chorus-type activities, but now she’s signing up for things like running and dance,” she said. “She’s meeting other children that she normally wouldn’t have met before.”

Kaitlyn said she’s already won a



PHOTOS BY STAFF SGT. DAVID DONOVAN

Jordan Dutton, son of Senior Master Sgt. Rod Dutton, 3rd Communications Squadron, goes up for the rebound. Operation Night Hoops is held Fridays at 9 p.m. at the Youth Center until Dec. 16. It will start again on Jan. 6. It is open to all Youth Center members.



John Morales, son of Master Sgt. Reynaldo Morales, 3rd Maintenance Group, dribbles down court during Operation Night Hoops. Activities like Operation Night Hoops, held Fridays, can be used to earn points for FitFactor.



PHOTO BY STAFF SGT. DAVID DONOVAN

Over 30 Champs

The 3rd Civil Engineer Squadron Over 30 basketball team finished off the Army Corps of Engineers 63-61 Monday, to win the Over 30 league championship game.

Sport Short

Archery shoot-off

The Black Sheep archery club will hold a face-to-face archery shoot-off Dec. 17 at the indoor range on base.

Qualification will begin at 2 p.m. followed by the shoot-off. The tournament is a double elimination and costs \$15.

For information, contact Capt. Wayne Stiles at 552-7773.